



NEWCOMER NEWS

Neighbours helping neighbours in home program

** Every morning, 98-year-old Frank Pillsworth greets Inez Green with "Hi dear." And every day, Green, a single mother of 3, spends a few hours doing Pillsworth's housework and chores.

Green and Pillsworth are neighbours in an apartment building in Toronto. But they didn't meet by chance. They met through Central Neighbourhood House.

CNH is a home helper program. It is designed to keep the elderly and disabled in their own homes and out of institutions.

Green is one of 57 helpers who cook, clean, bank and do laundry for the needy.

Pillsworth is one of about 300 people helped by CNH every month. Daily help, such as he gets, is rare. Most people receive help from one to three hours a week. Some pay a fee of between \$2 and \$4 an hour,

depending on their income.

The service is growing. But not because the workers are well paid. The starting rate is minimum pay of \$3.50 an hour. The average full-time helper gets about \$4.40 an hour.

Besides helping the elderly and disabled, the program gives helpers a chance to develop their self confidence and get back in the work force.

Some work because their husbands are unemployed. Others work because they are single parents. It means they can work flexible hours, get home to their children at lunchtime, and be back home again by the time school is out.

CNH co-ordinator Jean Green describes the program as "neighbours serving neighbours." And home helper Inez Green says that looking after the elderly "makes me feel like a million dollars."



photo: courtesy Toronto Star

With the help of Inez Green and the Central Neighbourhood House project, Frank Pillsworth, 98, can stay in his apartment.

MAY I HAVE THE NEXT DANCE?



Last month, the Native Canadian Centre of Toronto celebrated its 20th anniversary with a craft show and Indian dances. Arland Sayer adjusts the headband of 5-year-old Jessica La Vallee before they join in the dancing.

photo: courtesy Toronto Star

May is Family Unity Month

** Each year, the Government of Ontario proclaims the month of May as Family Unity Month.

The foundation of a healthy society is the family. But the fast pace of modern living can threaten the stability of the family.

The purpose of this special month is to help fight that threat.

Family Unity Month encourages all families to strengthen their lives by taking the time to do things together.

Juno award winners for 1983

Every year, the Canadian Academy of Recording Arts and Sciences gives Canadian music awards.

The awards are called Junos. Here are some of the 1983 Juno Award winners.

Album of the Year: Get Lucky; Loverboy

Single of the Year: Eyes of a Stranger; Payola\$

Group of the Year: Loverboy
Male Vocalist: Bryan Adams
Female Vocalist: Carole Pope
Country Group: The Good Brothers

Country Male Vocalist: Eddie Eastman

Country Female Vocalist: Anne Murray

TODAY'S CHUCKLE

Retirement is that marvelous time when the sun rises and you don't.

DID YOU KNOW?

The entire budget of the Northwest Territories in 1879 was \$237.37.



Ministry of
Citizenship and
Culture



Is it possible to protect our children?

Is it possible to protect a child from a smooth-talking adult? What lures a child who has been told many times not to talk to strangers?

Would any of the following work with your child?

- "Your mom's sick. I've come to take you home."
- "I have a little girl at home just like you. Will you come and play with her?"
- "Will you help me carry some shopping?"
- "Would you like to go to a movie? Or what about an appeal to a child's love of animals?"
- "I've lost my pet. Will you help me look for it?"
- "A little bird fell out of a tree. Will you help me rescue it?"
- "My puppy's hurt. Will you help me take it to the hospital?"

Metro Toronto Police say these tricks are used to lure children. And the first rule should be that children must get their parents' approval

before they do anything.

Police Constable Mike Federico says that parents "should emphasize that before their children go anywhere, or talk to or accept anything from anybody, they must check with their parents first."

He added that parents should teach their children: "Don't talk to strangers. Don't accept rides or gifts. Don't run errands for someone you don't know. If a person tries to force you into a car or some other place, bring attention to yourself; yell, scream, and try to run away."

What if an invitation comes not from a stranger but from a neighbour or family friend? More than 80 per cent of molested children are assaulted by people they know, says Dr. Marcellina Mian of Toronto's Hospital for Sick Children.

Protecting children means warning them that even people they know might want to harm them, she says.

Helpful advice

In their book, *A Parent's Guide to Streetproofing Children* (Seal Books, \$5.95), Richard Gossage and Melvin Guntun say that parents should:

- Know your neighbourhood and your neighbours
- Know where your children play. Check neighbourhood ravines, woods, vacant lots, the route they take to school.
- Make children suspicious of too much flattery and of adults who want to spend a lot of time with young children

Experts say that "what if" games and acting out situations are good ways to help children handle possible problems.

Dr. Mian advises parents to play the "what if" game by asking such questions as: "What would you do if a man asked for help with his sick puppy?"

And parents should play the game regularly, until the child's automatic answer is, "I would say no thank you and run home."

Answers like "I would go and see if the puppy is really hurt," mean that the child just doesn't realize the danger, she said.

Our readers write

The Bird That Flew To My Hand

One beautiful spring morning, I went to the Bank of Montreal. I cannot remember exactly what date it was, but I think it was around the last week in May.

During those days, the little birds that were hatched three weeks before, were trying out their wings. They struggled to fly short distances and when they got tired, stopped anywhere on the top of a car, on a low branch, sometimes they even landed inside a building.

This is exactly what happened when I was at the bank. I was ready to go out when a lady pushed the door open to come into the bank and this little starling came flying through the open door.

The lady exclaimed "Oh my God!" She was caught by surprise by the little bird. Everybody inside the bank turned around to see what was going on. When I saw this bird flying in my direction, I stretched my left hand above my head. I did not want to catch it. I don't know why I did it, but the next thing I knew, the little bird was in my hand.

The poor bird must have been terrified. I could feel its heart beating. At this moment, the people at the bank laughed. I felt embarrassed. Probably my face turned red.

I then opened the door and let the little starling fly away.

So this is the story of the bird that flew to my hand.

Luisa Medina
Parent & Preschool ESL Program
Etienne Brule Junior School
Weston, Ont.

My arrival in Canada

"It was like starting a new life in a different world. My husband worked from 6 a.m. to 10 p.m. It was a new experience for him but he wanted it because he needed more money. I felt so confused to go to the store and not know how to ask for something; to go to the bank and not know what to do; to go to school and not know how to ask for help for my children. I felt upset for my children too because they felt so confused at the school and so afraid to go out and meet friends. Then I decided to go to school to learn English, and this made all of my misfortunes gradually disappear."

"I was very worried about the weather, coming from a country that is hot all year round. Winter is still hard for me. My son Louis didn't know his father. My husband had come to Canada when my son was only a baby."

"When I arrived at the airport, my husband and some friends were waiting for me. My husband brought me four red roses, one for each month we were separated. Two days later, I became sick. I was pregnant, so my husband took me to the hospital. I was operated on and stayed in bed for 3 weeks. I felt worried about the baby and sad because I couldn't speak a word of English. After all, everything turned out fine and I felt proud when I heard my boy speak English so well."

(Editor's note: The above are excerpts from a booklet called Our Children Ourselves, written by ESL students at Havenwood school in Mississauga.)

Muscle injury? Remember RICE

**

There is a simple way to remember what to do for an injured muscle, tendon, ligament, bone or joint. Just remember RICE. It stands for Rest, Ice, Compression, Elevation.

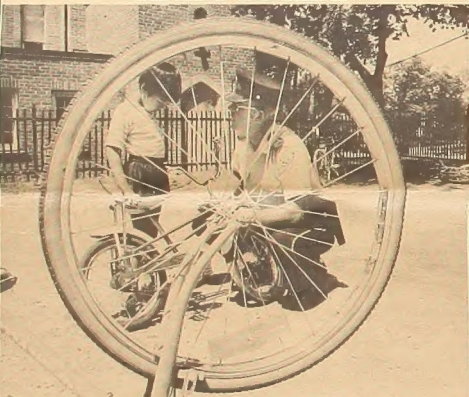
Rest: As soon as you feel pain, stop using the injured part. Rest it for at least one day. When the pain and the doctor allow, start using it gradually.

Ice: Wrap ice in a towel or plastic bag and put it on the injured part. Do not put ice directly on your skin.

Compression: Wrap an elastic bandage firmly over the ice around the injured part. Don't wrap it too tightly. The bandage is too tight if you begin to feel numbness or cramping in the area. Or if there is further pain or swelling beyond the edge of the bandage.

Elevation: Place the injured part so that it is above the level of your heart. If you hurt your leg or ankle, this means lying down with your leg raised to about shoulder height.

READY TO RIDE



Victor Wong, 6, took his bicycle to a safety program at the Taylor Memorial Library in Scarborough. Constable Ben Lehman checked the bicycle. It passed the safety test. It got a safety sticker.

NEWCOMER NEWS

Newcomer News is a graded English language newspaper for people who are learning English. It is designed to help them increase their reading skills and familiarize themselves with life in Canada.

Most of the material is adapted from articles in Ontario newspapers. It is graded according to language difficulty with the one-star articles being the simplest.

Newcomer News is available and distributed free throughout Ontario.

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Joan Freedman, editor
Newcomer Services Branch
2nd floor
454 University Avenue
Toronto, Ontario
M5G 1R6

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Vacation time in Ontario

Ontario offers a great variety of things for people to see and do.

There are festivals, exhibitions and Indian pow wows throughout the province. And every community celebrates Canada's birthday, July 1, with day-long or week-long activities.

The following is a sample of some of the events this summer:

May 21 — June 5/St.

Catharines: Folk Arts Festival.

June 10 — 12/Kingston: Folklore Festival.

June 10 — 12/Mississauga: Family Festival, Lake Aquitaine & Meadowvale Community Centre.

June 10 — 12, 17 — 19 Windsor: Carousel of Nations.

June 11 — 12/Kitchener: Multicultural Spring Festival, Victoria Park.

June 16 — 18/Cambridge: International Festival

June 16 — 18/Georgetown: Pioneer Days.

June 17 — 18/Brockville: Multicultural Fair, Civic Centre.

June 17 — 18/Kenora: Multicultural Festival, Recreation Centre.

June 17 — 25/Toronto: Metro International Caravan.

June 18 — 19/Belleville: Quinte Ethnic Festival.

June 19/North York: Strawberry Social, Gibson House Museum, 5172 Yonge Street.

June 24 — July 2/Thunder Bay: Canadian Lakehead Exhibition.

June 25 — 26/Scarborough: Outdoor Arts & Craft Show, Civic Centre.

June 26/Timmins: Ethnic Festival, McIntyre Arena.

June 27/Oakville: Founders Day, Lakeside Park.

June 28 — July 2/Guelph: Multicultural Festival, St. George's Square.

June 30 — July 2/Sudbury: Northern Lights Festival Boreal, Bell Park Amphitheatre, Lake Ramsey.

June 30 — July 3/Fort Frances: Fun in the Sun Festival.



An Indian Pow Wow, Sioux Narrows

June 30 — July 3, Peterborough: Summer Festival, Cray Park.

July 1/Stratford: Canada Birthday '83 — Multicultural Concert & Exhibition, Stratford Arena.

July 1 — 3/Smiths Falls: Centennial Celebrations & Settlers Days.

July 1 — 10/Fort Erie: Canada/U.S.A. Friendship Festival.

July 2 — 9/Brantford: International Villages Festival.

July 15 — 16/Orrilla: Scottish Festival, Couchiching Park.

July 17 — 24/Port Colborne: International week.

July 20 — 23/Huntsville: Pioneer Days, Muskoka Pioneer Village.

July 22 — 24/London: Home County Festival, Victoria Park.

July 26 — Aug. 2/Toronto: Caribana: Caribbean Festival of Music, Toronto Islands Park.

July 26 — Aug. 1/Cobalt: Miners Festival.

July 28 — Aug. 1/Simcoe: Friendship Festival.

Aug. 4 — 7/Toronto: Craft Fair, Harbourfront.

Aug. 5 — 7/Hamilton: Festival of Friends, Gage Park.

Aug. 6 — 7/Sault Ste Marie: International Air Show, Sault Federal Airport.

Aug. 12 — 14/St. Mary's: Corn & Crafts Festival, St. Mary's Museum.

Aug. 17 — Sept. 5/Toronto: Canadian National Exhibition, Exhibition Place.

Aug. 18 — 28/Ottawa: Central Canada Exhibition, Lansdowne Park.

Aug. 26 — Sept. 9/Welland: Heritage Folklore Festival.

Aug. 27 — 28/Southampton: Saugeen Indian Band Pow Wow, Saugeen Reserve.

Aug. 30 — Sept. 5/Kitchener: Central Ontario Exhibition, Memorial Auditorium & Fairgrounds.



King Bridge Park, Chippawa



Niagara Grape Festival — sampling grapes near St. Catharines



Edwards Gardens, Toronto

Ontario travel information

* The Ontario Ministry of Tourism and Recreation offers a free travel service. It includes detailed information about events and attractions in Ontario, maps, and vacation planning.

The mailing address is:

Ontario Travel
Queen's Park
Toronto, M7A 2E5

You can get information by telephone 965-4008 for information in English. For information in

French, telephone 965-2448.

People can telephone free from anywhere in Ontario. The toll-free numbers are:

English: 1-800-268-3735;

French: 1-800-268-3736.

You can also visit the Travel Centre in Toronto. It is on Level 1 at the north end of the Eaton Centre, Yonge and Dundas Streets.

The centre is open 6 days a week. Travel counsellors are available to help you plan your vacation.

Shipper loves his cargo

****** Charles Clarke has delivered 1,291 babies and he's not a doctor.

Clarke is an insurance salesman from Unionville. He is also a volunteer baby shipper for the Children's Aid Society.

He picks up babies from hospitals and delivers them to the Children's Aid. From there, the babies are either adopted or put into foster homes.

For 18 years, rain or shine, Clarke has transported his special cargo.

"It's a wonderful interlude in my day," he said. "When I'm holding a tiny baby, I forget all about my insurance business."

Clarke says he knows the proper

way to carry an infant. He holds the baby's head in his palm with the baby's body pressed against him.

"I think the baby can feel my heart beat and the vibrations from my voice when I say: 'Go to sleep, go to sleep, please go to sleep,'" he said. "But some babies just holler and holler and won't shut up."

In 1965, Clarke delivered 119 babies. Last year, the number dropped to 42 because more young mothers are deciding to keep their babies. This disturbs Clarke.

"It may be fashionable for young mothers to keep their babies," he said. "But some just can't handle the responsibility."

A note to our readers

Newcomer News is not published during the summer months. This is the last edition until **October 15, 1983**.

The July 1, 1982, special citizenship edition is still available. It includes articles on the Parliaments of Canada and Ontario, the Canadian Charter of Rights and Freedoms, Geography, History and Native People of Ontario.

Also still available are the **Sonia and Ferreira Family** photo stories with accompanying exercises.

The photo story booklets and the July 1 edition are free to people in Ontario from:

Publications Section
Ministry of Citizenship
and Culture

77 Bloor Street West, 5th floor
Toronto, Ontario M7A 2R9
Telephone (416) 965-2285

For those outside Ontario, we will send one complimentary copy. Additional copies of the July 1 issue, at 10 cents per copy, and the Sonia and Ferreira Family booklets, at 50 cents per copy, may be purchased from:

Publications Centre
Ministry of Government Services
880 Bay Street, 5th floor
Toronto, Ontario M7A 1N8

A cheque or money order, made out to the Treasurer of Ontario, should accompany each order.

Living in Ontario

A new audio visual program called **Living in Ontario** is also available. The program is designed to help Eastern European and Spanish-speaking newcomers.

The topics covered are:

Carousel 1:

Canadian Money and Banking
Shopping
Housing and Laundromat

Carousel 2:

Health: OHIP and Dental Care
Social Services
Social and Community Services
in Metro Toronto
Employment

Carousel 3:

The School System
and ESL Classes
TTC and the Go System
Communications

Audio cassette tapes in English, Czech, Hungarian, Polish, Romanian, Russian or Spanish accompany each carousel of 35mm slides.

Carousels can be borrowed together or individually from: Resource Centre
Ministry of Citizenship and Culture
77 Bloor West, 9th floor
Toronto, Ontario M7A 2R9
Telephone (416) 965-6763

Information Line

Ontario Welcome House operates a special telephone information service for newcomers and those working with newcomers. It gives information on such things as social and government services, publications and audio visual materials.

If you have a question, telephone **965-9919**.

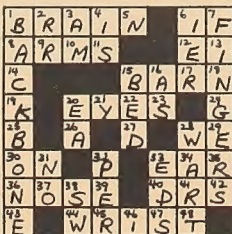
The service is available between 9 a.m. and 5 p.m., Monday through Friday.

People in any area of Ontario can use the service at no charge.

Those in Metro-Toronto—simply dial the number.

Those outside Metro—call collect: Dial 0 (zero) and tell the operator that you want to make a collect call to Toronto, telephone number 965-9919.

LAST SOLUTION



TODAY'S CHUCKLE

As his golf ball rolled towards the cup, the dentist murmured, "Open wider, please."



photos: courtesy Toronto Star

Charles Clarke, a Children's Aid Society volunteer, says he knows the proper way to hold a baby.

Treatment for tuberculosis

****** Ontario Provincial Chest Clinics closed in December, 1982.

Many people received treatment for TB at these clinics.

The same treatment is available from a family doctor, hospital clinic or community health clinic.

If you are:

1) a person who is being treated for tuberculosis or who has had tuberculosis

2) receiving medication to prevent tuberculosis

3) a member of a family in which someone has tuberculosis

You should:

1) go to a family doctor, hospital clinic or community health clinic

2) take any medication prescribed

3) continue to receive medical attention as long as you are in danger.

Free pamphlets

The Ontario Ministry of Health has produced a pamphlet called "Starting Treatment for T.B.?" It is available in the following languages: English, French, Chinese, Cree, Khmer, Lao, Ojibway, Portuguese, and Vietnamese.

The pamphlet is available from: Ministry of Health
Health Information & Promotion
9th floor, Hepburn Block
Queen's Park
Toronto, M7A 1S2
Telephone 965-3101

You can get more information on health services from your local immigrant aid association or community information centre.

Compulsory marriage courses urged

****** This country needs a course on marriage. The course should last three to six months. And it should be compulsory for engaged couples.

That's what Gregory Evans says. He's Chief Justice of the Ontario Supreme Court's trial division.

He said that people need to think more about major decisions.

"I think it should be a little tougher to get married," Evans said. "You can get a marriage license faster than you can get a driver's license."

Planning a long life? Iceland's the place to be

****** If you're a woman born in Canada, you can expect to live 77.5 years. If you're a man it's 70.2 years. But if you're planning a long life, Iceland is the place to be, according

to United Nations statistics.

Icelandic men and women have the longest life expectancies — 79.7 years for women and 73.7 years for men.